

COMMUNITY NUTRITION TEAM

CACFP Today

A Newsletter from the Wisconsin Department of Public Instruction (DPI), Division of Finance and Management

Vol. 6 No. 1

Winter 2014

Automatic Eligibility for Pregnant Early Head Start Participants

Early Head Start is a federally-funded child development program that provides services to low-income infants, toddlers and pregnant women. It has the same eligibility criteria as Head Start. The Improving Head Start for School Readiness Act (Public Law 110-134) amended the National School Lunch Act to establish categorical eligibility for free meals for pregnant women who receive Early Head Start services.

To establish automatic eligibility, prospective mothers must be enrolled in Early Head Start and be eligible to receive free or reduced-price school meals through the National School Lunch (NSLP) and School Breakfast (SB) Programs, or another child nutrition program, such as the Child and Adult Care Food Program (CACFP) or the Summer Food Service Program (SFSP). Pregnant participants in Early Head Start may receive free meal benefits without further application or eligibility determination.

Acceptable documentation of eligibility for Early Head Start includes an approved Early Head Start application, a statement of Early Head Start enrollment, or a list of participants from an Early Head Start official. Acceptable documentation of eligibility to receive free or reduced price school meals through the NSLP and the SB, the CACFP or the SFSP, consists of a statement of current eligibility to receive free or reduced price meal benefits from the applicable school food authority or the agency administering the CACFP or the SFSP. Eligible prospective mothers could also provide documentation of their acceptance letter for categorically eligibility to receive free or reduced price meal benefits through the NSLP and the SB Program.

The categorical eligibility for free meals in the CACFP for pregnant Early Head Start participants is only applicable to Head Start agencies which provide Early Head Start services to pregnant women. Questions or concerns should be directed to your agency's assigned DPI consultant.

Providing Support to Breastfeeding Mothers

Supporting breastfeeding mothers is one way to ensure moms continue to nurse their infant until their goal. Without that support, moms will more likely end breastfeeding earlier than planned. As a child care center there are things you can do to support the nursing mothers. If you already are supportive to nursing moms at your center, continue that supportive role.

In the State of Wisconsin, the Wisconsin Department of Health Services created *Ten Steps to Breastfeeding Friendly Child Care Centers* resource kit. Some of the local breastfeeding coalitions across Wisconsin have been working with child care centers and family day care homes to implement the ten step process. Below is a breakdown of the 10 steps that are involved in becoming a breastfeeding friendly child care center:

- 1) Designate an individual or group who is responsible for development and implementation of the 10 steps.
- 2) Establish a supportive breastfeeding policy and require that all staff be aware of and follow the policy.
- 3) Establish a supportive worksite policy for staff members who are breastfeeding.
- 4) Train all staff so that they are able to carry out breastfeeding promotion and support activities.
- 5) Create a culturally appropriate breastfeeding friendly environment.
- 6) Inform expectant and new families and visitors about your center's breastfeeding policies.
- 7) Stimulate participatory learning experiences with the children related to breastfeeding.
- 8) Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
- 9) Establish and maintain connections with local breastfeeding coalition or community breastfeeding resources.
- 10) Maintain an updated resource file of community breastfeeding services and resources in an accessible area for families.

Support Breastfeeding mothers.... continued on page 2

Support Breastfeeding Mothers

... continued from page 1

The *Ten Steps to Breastfeeding Friendly Child Care Centers* resource kit may be found at

<http://www.dhs.wisconsin.gov/publications/P0/P00022.pdf>.

Local breastfeeding coalitions can be a resource that you may want to provide to your mothers as well if they need further support. A list of local breastfeeding coalitions in Wisconsin can be found at

<http://www.dhs.wisconsin.gov/health/nutrition/breastfeeding/Local-BF-Coalition-Directory-2014.pdf> or you can go to the State of Wisconsin Breastfeeding Coalition website at

<http://www.wibreastfeeding.com/> for further details.

Breast milk is a reimbursable component on the CACFP. If a mother provides breast milk to feed her 0-3 month old infant by bottle, the meal may be claimed. When that breastfed infant starts to receive other solid foods and continues with breast milk in the bottle, as long as the center provides one other required component (i.e.-cereal, baby foods) the center may claim that meal as well. Keep in mind that if a mom breastfeeds her infant at the center, prior to leaving the infant at the center or immediately when she picks up the infant, that meal is not reimbursable through the CACFP unless the center has provided another component (i.e.-cereal, baby foods). If you have further questions about claiming infant meals that include breast milk, please contact your consultant.



Guidance Memorandum Updates

Updated CACFP Guidance Memorandums (GM) were emailed to your agency in late November. The updated GM for the child care component include updates to 5C: *Monitoring Requirements* (sponsoring organizations only), 6C: *Enrollment*, 8C: *Civil Rights Requirements* and 12C: *Meal Pattern Requirements*; for the adult care component include updates to 5A: *Monitoring Requirements* (sponsoring organizations only); and for family day care home sponsoring organizations include D: *Requirements for Monitoring Day Care Homes*, H: *Civil Rights Compliance*, J: *Instruction for Renewal of Day Care Homes* and K: *Recordkeeping Requirements*.

Highlights of the updates include a revision to the requirement to distribute the Building for the Future flier to the individual families of newly enrolled children; the flier may now just be posted in a location that is visible to the families. Also, we have combined the CACFP Enrollment form and Infant Meal Notification letter together into one convenient form. Please read each of the updated GM and be sure to implement changes immediately. Discard outdated GM and replace them with the revised copies in your GM binder. The most current GM can be downloaded at http://fns.dpi.wi.gov/fns_guidememos.



New Guidance

Listed below are recent policy memos issued by the United States Department of Agriculture (USDA) and a brief summary of each one. Click on the following link

[http://www.fns.usda.gov/cnd/care/Regs-](http://www.fns.usda.gov/cnd/care/Regs-Policy/PolicyMemoranda.htm)

[Policy/PolicyMemoranda.htm](http://www.fns.usda.gov/cnd/care/Regs-Policy/PolicyMemoranda.htm) to access the complete list of USDA policy memos and to download copies.



CACFP 13-2013: Health and Safety in the Child and Adult Care Food Program

CACFP regulations require sponsoring organizations to notify appropriate licensing or health authorities of conduct or conditions that pose an imminent threat to the health and safety of participants or to the public. The DPI has updated our GM 5C to define specific conditions that pose an imminent threat to health and safety; furthermore it specifies that sponsors must conduct training with their monitors for recognizing conditions that pose imminent threat to health and safety as well as procedures for monitors to follow when a determination of threat has been made. Please refer to our revised [GM 5C](#) that was emailed to your agency in November 2013.



CACFP 14-2013: Monitoring of Licensing Requirements in the Child and Adult Care Food Program

This memo emphasizes that State agencies may not require CACFP sponsors to monitor a facility's compliance with State or local licensing requirements or report licensing violations to the State licensing agency, except for health and safety violations where an imminent threat is present.



CACFP 15-2013: Existing Flexibilities in the Child and Adult Care Food Program

This memo highlights flexibilities that already exist at the State level to simplify and improve the delivery of nutrition assistance to low-income children and adults participants through the CACFP.

Update on Food and Nutrition Service Operations: Child Nutrition Programs

The Food and Nutrition Service (FNS) extends our sincere appreciation to State agencies, school food authorities, and other local program operations for their work in continuing operations of the Child Nutrition Programs during the recent lapse in appropriations.

New Guidance... continued on page 3

New Guidance... continued from page 2

CACFP 01-2014: Census Data Release: Fiscal Year 2014

This memo announces the new schedule for release of census data used by State agencies and Program operators for area eligibility determinations in the CACFP, the SFSP and the Seamless Summer Option (SSO) of the NSLP. For the past two years, FNS has released new Census Bureau data each February. However, this practice has made early recruitment and approval of SFSP and SSO sites difficult because the data used to qualify sites was subject to change. Beginning in Federal Fiscal Year 2015, FNS will annually release new Census Bureau data in October. The next census dataset will be released in October 2014. Until new data is released, State agencies and CACFP, SFSP, and SSO sponsors should continue to use the dataset released in February 2013.



CACFP 02-2014: Use of School and Census Data

This memo provides additional guidance on the use of school and census data to establish area eligibility in the CACFP, SFSP and SSO of the NSLP. FNS began releasing the American Community Survey (ACS) data annually. School data is also available annually. In situations where data from a more recent month in the school year is available and would establish area eligibility for an otherwise ineligible location, school data from that month may now be used to establish area eligibility. This memo now allows the use of either school or census data for application area eligibility determinations in the CACFP. As a reminder, census data may not be used to establish area eligibility for at-risk afterschool centers in the CACFP. Area eligibility determinations made using either school or census data must be re-determined every five years.

CACFP 03-2014: Available Flexibilities for CACFP At-risk Sponsors and Centers Transitioning to SFSP

Organizations currently participating in the at-risk afterschool meals component of the CACFP are well-positioned to offer summer meals. Although CACFP at-risk afterschool meals may not be served during the summer months, these organizations may be eligible to serve summer meals through the SFSP or the SSO, under the NSLP. FNS encourages participation in both programs so as to establish a year-round presence in the communities in which they serve.



CACFP 04-2014: CACFP Needs Assessment Research Launch

As part of the Healthy, Hunger-Free Kids Act of 2010, the Food and Nutrition Service is preparing to launch a nationwide research survey of the CACFP participants that serve children up to age five. The survey will be conducted by KRC Research, an independent survey research company. The purpose of the

survey is to get input from State agencies, sponsoring organizations, child care centers, and family day care homes across the United States about nutrition, physical activity, and electronic media use in centers and homes. Please note that you may be randomly selected to participate in the survey. We encourage your participation as the results from the research will be used in the development of nutrition and wellness resources and technical assistance materials for CACFP providers.



CACFP 05-2014: Smoothies Offered in Child Nutrition Programs

This memo revises the FNS guidance of crediting yogurt in smoothies as a meat alternate for the NSLP meal pattern at breakfast only. For the CACFP meal pattern, only milk and fruit can be credited in smoothies prepared by program operators.



2014 Due Dates for Quarterly Nonprofit Food Service Reports

For Sponsoring Organizations ONLY (those with two or more sites on the food program):

1st Quarter (reporting period October 1, 2013 – December 31, 2013) is due **March 1, 2014**.

2nd Quarter (reporting period January 1, 2014 – March 31, 2014) is due **June 1, 2014**.

3rd Quarter (reporting period April 1, 2014 – June 30, 2014) is due **September 1, 2014**.

4th Quarter (reporting period July 1, 2014 – September 30, 2014) is due **December 1, 2014**.

Please note: The 4th quarter report for Sponsoring Organizations for the 2013 program year (July 1, 2012 – September 30, 2012) was due into our office on December 1, 2013. As of today's date all quarterly reports for the 2013 program year should have been submitted to the DPI.

The reporting form (PI-1463-A) is available online at http://fns.dpi.wi.gov/fns_centermemos, under GM #11.

Any questions please contact Cari Ann Muggenburg at (608)264-9551, or via email at cari.muggenburg@dpi.wi.gov.



Let's Get Physical

Activities for Active Play, Installment 1

In our Winter 2013 release of CACFP Today, we touched on the importance of active play for the health and wellness of children and linked you to the USDA's new wellness handbook at <http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>. In this edition of CACFP Today, we expand upon that concept. We understand that child care providers are busy, and those participating in the CACFP have even more on their plates. It is no small task to keep an eye on the children, provide educational activities, supervise other staff, talk with parents, prepare and serve meals, and complete the required CACFP paperwork. Planning even more into the day can be daunting, and some providers may not have the time to plan activities to get the children active.

As a part of the USDA's new CACFP Provider Wellness Handbook, we present to you the first DPI installment of sample activities to help children attain more moderate-to-vigorous physical activity (MVPA). In this first installment, we will focus on a holiday themed activity for young children.

Activities for Young Children (2-5)

At this age range, the focus of physical activity is to help promote continued development of gross motor skills, and begin the development of fine motor skills. Activities that can benefit these children include games such as duck-duck-goose, group walks, marching in place, and dancing to music. For advanced groups, simple relay races can be added for diversity.

Activity 1: Jingle Bell Ball

What child doesn't like to dance around to music? This first activity is perfect for the holiday season, and so simple. Just play some holiday music and dance! This is an ideal time for teacher-led activity, as the teacher can lead the children through a dance for a few songs. By participating themselves, the teacher provides nonverbal support and encouragement to the children.

Now some providers may be thinking, "I don't have time to make up a dance!" The perk of dancing is it can be spontaneous! As long as you look like you are enjoying yourself, the children are more likely to participate and have fun. If you appear as if dancing is your least favorite thing, the children are less likely to participate.

Some songs that are easily used and include action words including "hop", "run", and "swing" include the following: Jingle Bell Rock, Frosty the Snowman, and Rocking Around the Christmas Tree.

As a changeup, use the action words in the listed songs to dictate the type of activity to do with the song. For instance, in Jingle Bell Rock, every time you hear "Rockin around", you rock your

hips and swing with the music; when you hear the word "hop" you begin to hop, and so on.



Eat MORE Veggies!

Most children do not eat enough vegetables or a variety of vegetables. You can help by bringing new and exciting veggies into your center! Introducing a wide variety of vegetables now will help them develop healthy habits for life.

Most vegetables are naturally low in fat and calories and contain no cholesterol! They are great sources of important nutrients like vitamin A, vitamin C, dietary fiber, calcium, potassium and iron. Vegetables are divided into five sub-groups based on their nutrient content: dark green vegetables, red/orange vegetables, starchy vegetables, dry beans and peas, and other vegetables. Since different sub-groups of vegetables provide different types of nutrients, it's important to eat a wide variety of vegetables.

- Vitamin A keeps your skin and hair healthy, and it helps protect your body against infections too. Dark green, red, and orange vegetables are good sources of vitamin A. It is recommended that children get vitamin A-rich foods 2 – 3 times a week.
- Vitamin C helps with the absorption of iron, and it also helps heal cuts and wounds. Most vegetables contain vitamin C. Excellent vegetable sources of vitamin C include dark green, orange, and red vegetables. It is recommended that children receive vitamin C-rich foods every day.
- Dietary fiber helps us feel full. It also helps reduce blood cholesterol levels, can lower the risk of heart disease, and helps with maintaining bowel function. All fresh vegetables, including their skins, and dried vegetables, such as beans, are excellent sources of fiber.
- Calcium keeps bones and teeth healthy. It is also needed to keep muscles, nerves and glands functioning. Dark green vegetables are a good source of calcium.
- Potassium can help maintain a healthy blood pressure. It can be found in many vegetables and beans.
- Iron is needed for healthy blood and allows our cells to function normally. Beans are a good source of iron.

Need ideas? Try some of these veggies -

- Dark Green: kale, collard greens, mustard greens, bok choy, broccoli, spinach, romaine, dark green leafy lettuce.
- Red and Orange: acorn squash, butternut squash, carrots, pumpkin, sweet potatoes, tomatoes, red peppers.
- Starchy: potatoes, green peas, corn, water chestnuts, green lima beans.

Veggies... Continued on page 5

Veggies... Continued from page 4

- Beans and Peas: black beans, pinto beans, navy beans, kidney beans, chickpeas, soy beans, lentils, split peas.
- Other: asparagus, artichokes, avocado, beets, bean sprouts, brussel sprouts, cabbage, cauliflower, celery, eggplant, green peppers, mushrooms, okra, parsnips, turnips, zucchini.

The great debate: fresh vs. canned vs. frozen

Fresh vegetables can get expensive, especially in the winter months. To help keep food costs lower, purchase vegetables that are in season. A Wisconsin produce calendar can help you out - <http://bit.ly/WIproduce>.

Canned vegetables can be high in sodium. If you're buying canned vegetables and beans, look for labels that say "no salt added", "reduced sodium" or "low sodium". If lower salt options are not available, drain and thoroughly rinse the vegetables before heating and serving.

If you are buying frozen vegetables, look for packages that do not have any added fat (e.g., butter, cheese sauce), salt or sugar. These frozen vegetables are healthier and less costly.

Now, try it out!

Introduce vegetables during snack time. Hummus (a bean dip) is easy to make, delicious, and is a perfect dip for fresh veggies.



Easy Hummus

*Recipe yields approximately 14-1/4 cup servings
(1/4 cup serving = 1 oz M/MA or 1/4 cup F/V)*

Ingredients:

- 2 – 15 1/2 ounce cans chickpeas (garbanzo beans), drained and rinsed well
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 1/8 teaspoon garlic powder

Directions:

- Blend chickpeas, lemon juice, olive oil, and garlic powder in a blender or food processor until smooth.
- Serve as a dip with fresh vegetables, such as carrots, celery, and cucumber sticks.



Wisconsin Child Care Summit



On October 22, 2013, the DPI and the Wisconsin Sponsors Forum hosted a Child Care Summit in Madison, WI. The purpose of the summit was to engage stakeholders in the Early Care and Education Community in a productive planning process to increase participation in the CACFP by reaching our shared goals to support good nutrition, health and wellness and quality child care. We plan to take the numerous ideas and suggestions shared and establish our next steps to increase participation in the CACFP. Please visit our Wisconsin Child Care Summit webpage for more information and to check on our progress at http://fns.dpi.wi.gov/fns_summit.



SAVE THE DATE – CACFP Summer Training Conference

Mark your calendars for the annual CACFP summer training. This year, the DPI CACFP will be hosting a full-day training conference to be held in Wisconsin Dells on **May 21, 2014**. There will be many different breakout sessions that will enable each staff member to choose the session that most pertains to his/her job tasks. More information, including the brochure and registration link, will be sent by email at a later date. If you have any questions concerning the training, please contact the Community Nutrition Programs office at (608) 267-9129. Hope to see you there!

Welcome Baby Kemper

We are proud to introduce the newest member of the Community Nutrition Team, Deacon Kemper, born to Moryah and Chris Kemper on October 15, 2013. Deacon weighed 8.5 lbs, and was 21.5 inches long. Congratulations Moryah and Chris! Moryah returned from maternity leave in December 2013.



Division for Finance & Management

Community Nutrition Programs FAX . . . (608) 267-0363
 DPI Toll-Free Helpline 1-800-441-4563

Community Nutrition Team

Amanda Kane, RDN, CD, Director (608) 267-9123
 Amy Kolano, RD, CD, Coordinator,
 Summer Food Service Program (608) 266-7124
 Cari Ann Muggenburg, Auditor-Senior (608) 264-9551
 Shiela Coulton, Operations Program Associate (608) 267-9129

**Ellen Sullivan, RDN, MS, CD
 Team Leader** (608) 267-1070

Nutrition Program Consultants

Moryah Kemper, RD (608) 266-9982
 Lisa Calderone (608) 266-5763
 Megan LeClair, RDN, CD (608) 267-9122
 Brad Cavanagh, MPH (608) 266-3874
 Jennifer Heidenreich (608) 266-5183
 Kim Musiedlak (608) 264-9542
 Jenni Dreyer (608) 267-2373
 Molle Polzin, RD, CD (608) 267-9210
 Mike Ryan (608) 267-9130
 Jill Schneeberg (608) 261-6334

Federal Aids and Audit Fiscal Unit

Federal Aids and Audit FAX (608) 267-9207
 Jacque Jordee, Accountant (608) 267-9134
 Rick Fairchild, Accountant (608) 266-6856

FNS Home Page
<http://fns.dpi.wi.gov/>

CACFP Today

is published three times per year by the Department of Public Instruction.

Questions or comments should be directed to:

Kimberly Musiedlak, Nutrition Program Consultant, Community Nutrition Team
 Wisconsin Department of Public Instruction
 PO Box 7841
 Madison, WI 53707-7841
 608-264-9542 or 1-800-441-4563
Kimberly.Musiedlak@dpi.wi.gov



Printed on Recycled Paper

All of the CACFP Newsletters are available electronically on our website at: http://fns.dpi.wi.gov/fns_newsltrcnt.



The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

Connect With Us

The Community Nutrition Team (CNT) and The DPI's Summer Food Service Program are on **Facebook** and **Twitter**. Please visit our pages, "Like" us on Facebook, and "Follow" us on Twitter. On these pages you will find links to great resources; pictures from various events such as trainings held by the CNT; and program updates, deadlines, and reminders.

Find the Community Nutrition Team here:

 <https://www.facebook.com/WisDPICommunityNutrition>

 https://twitter.com/WisDPI_CNT

Find the Summer Food Service Program here:

 <https://www.facebook.com/pages/WI-DPI-Community-Nutrition-Summer-Food-Service-Program/328026730580257?ref=hl>

 https://twitter.com/WisDPI_SFSP